

Personal Health Assessment Summary IV: Physical Fitness

This is the last of four essays you will do this semester!

- **Summarize your current activity habits.**
- Identify any benefits or negative consequences that you often experience (**physical, emotional, social, spiritual, intellectual, or environmental**) as a result of your present activity level.
- Explain what would motivate you to make changes, considering both **intrinsic and extrinsic** motivators.
- What lifestyle changes (nutrition, sleep, study habits, or stress management skills, among others) you would need to make to help you to be more active. What steps would you need to take to implement these changes in your current lifestyle?

Format:

- Typed, Double-spaced, 12-point font, 1 Inch margins.

Once again, you may choose a style you are comfortable with to write this:

- A letter to the next generation of Dawson students,
- A letter to your personal trainer
- formal thesis governed formal essay.

Grading Criteria:

- Quality of analysis (clearly stated cause, good support, plausible and convincing argument based on primary source data, your text book, and scientific research)
- Readability (top down organization, good use of headings clear sentences with no confusing passages.)
- Grammar and correctness.

Answer the following questions:

1. Based on your fitness tests (separate sheet): summarize the strengths & weaknesses of your physical fitness

a) strengths _____

Explain what activities you do in your life that contribute to these results:

b) weaknesses _____

Explain what activities you do in your life that contribute to these results:

2. List 5 benefits of flexibility

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

3. Why should a person do a “warm up” before exercising?

4. What should a person do before stretching?

5. What are the recommended FITT criteria for a **flexibility program**?

Frequency:(how often should a person **stretch** per week?) _____ - _____/week

Describe the intensity of a stretch:

What is the most recommended type of stretching before an activity?

What is the most recommended type of stretch after a workout?

Time: How long should you hold a stretch? : _____

6. How many times a week should people work on their cardiovascular fitness? _____ -- _____

7. Three ways to measure the intensity of your cardio workouts:

a) _____

b) _____

c) _____

8. How long should cardio workouts last? Hint: "It depends..."

9. What is YOUR target heart rate? _____ Beats Per Minute (BPM) to _____ BPM

10. List 3 benefits of resistance training

1 _____

2 _____

3 _____

11. How many times a week should a person engage in a resistance-training program? _____ - _____

12. Name an exercise that would strengthen each of the following muscles:

Biceps _____

Triceps _____

Shoulders (Deltoids) _____

Trapezius _____

Chest _____

Upper back (Lats) _____

Lower back _____

Abdominals and obliques _____

Glutes _____

Hamstrings _____

Quadriceps _____

Calf (Gastrocnemius and Soleus) _____

Fitness Test Results

What are the five components of fitness?

1. _____ 2. _____ 3. _____
 4. _____ 5. _____

Test	Raw Scores	Rating (Enter this rating on the graph, below)	The test you completed is used to measure what component of fitness?
1. 3-min Step Test (p 167) <input type="checkbox"/> OR 1.6 km walk <input type="checkbox"/>	HR = _____ Time = _____		
2. Hand Grip (p 172)	L = ___ kg R = ___ kg Total (L + R) = _____ Kg		
3. Curl-Ups (p 173)	# in 1 min = _____		
4. Push-Ups (p 175) ♂ = Full ♀ = Modified	# in 1 min = _____		
5. a) Waist circumference (p.179) b) Waist-to-hip ratio (p.179)	Waist circumference = _____ Hip circumference = _____ Waist divided by hip = _____		
7. Shoulder flexibility: Prone (p 185)	Description:		
8. Shoulder flexibility: Standing (p 186)	Description: R over L: L over R:		
9. Sit & Reach (p 187)	Description:		
10. Posture Check (pp 220-1) Neck _____ Lower back : _____ Shoulders: _____ Hips _____	Standing posture (text page 221): Overall Result:	Posture score (Do the self assessment on pg. 222):	

Stork Stand _____ Long jump _____ Agility Jump _____ /min

